

Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																															
Dec - 2 PIZZA MAC N CHEESE W/GARLIC BREAD STIC VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH CATSUP	Dec - 3 CHEESY BITES/WILD M DILLY CHICKEN SAND VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES COOKED GREEN BEAN MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	Dec - 4 CHICKEN TENDERS GARLIC BREAD STICK BACON CHEESEBURG ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES BUSH'S BEST TACO FI CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Dec - 5 PIZZA CORN DOG NUGGETS ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK CATSUP RANCH	Dec - 6 POPCORN CHICKEN MINH FRIED RICE GEN TSO'S CHICKEN W VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES GEN TSO'S BROCCOLI ROMAINE SALAD W/TO MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Avg Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">798 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1340 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">38.3*g 19.2%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.4g 16.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">117.3g 58.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.9g 25.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.6g 6.3%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	798 100%	Sodium.	1340 mg	Sugar	38.3*g 19.2%Cal	Prot	32.4g 16.2%Cal	Carb	117.3g 58.8%Cal	T.Fat	22.9g 25.8%Cal	S.Fat	5.6g 6.3%Cal																																																															
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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T.Fat	26.1g 30.2%Cal																																																																																			
S.Fat	7.7g 9.0%Cal																																																																																			
Nutrients	Target																																																																																			
Cals...	801 100%																																																																																			
Sodium.	1665 mg																																																																																			
Sugar	37.8*g 18.9%Cal																																																																																			
Prot	37.6g 18.8%Cal																																																																																			
Carb	109.2g 54.5%Cal																																																																																			
T.Fat	23.9g 26.8%Cal																																																																																			
S.Fat	7.0g 7.9%Cal																																																																																			

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Cumberland County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 16 PIZZA CHEESE LASAGNA W/GARLIC KNOT VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES STEAMED BROCCOLI MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	Dec - 17 BREADED MOZZARELL CHEESE STICKS BACON & CH,CHIX SAN VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Dec - 18 CHEESE BITES/WILD M CHEESEBURGER VARIETY OF WRAPS SMUCKERS UNCRUST COOKED GREEN BEAN OVEN BAKED FRIES MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Dec - 19 PIZZA TEXAS PORK BQ SAND FISH SANDWICH ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE COLE SLAW MARINARA CUP CARROT STICKS W/LF FRESH BROCCOLI W/L CUCUMBER/CELERY W CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	Dec - 20 BONELESS CHICKEN W/ ROLL CHICKEN TACO SALAD VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES VEG BUSH'S BEST TACO FI ROMAINE/SPIN SALAD CUCUMBER/CELERY W FRESH BROCCOLI W/L CARROT STICKS W/LF CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	Avg Nutrients Target Cals... 786 100% Sodium. 1433 mg Sugar 39.5*g 20.1%Cal Prot 34.5g 17.5%Cal Carb 110.9g 56.5%Cal T.Fat 23.6g 27.0%Cal S.Fat 6.8g 7.8%Cal
Nutrients Target Cals... 750 100% Sodium. 1515 mg Sugar 38.2*g 20.3%Cal Prot 29.4g 15.7%Cal Carb 114.3g 60.9%Cal T.Fat 20.1g 24.1%Cal S.Fat 6.0g 7.2%Cal	Nutrients Target Cals... 767 100% Sodium. 1163 mg Sugar 40.6*g 21.2%Cal Prot 36.3g 18.9%Cal Carb 103.9g 54.2%Cal T.Fat 23.6g 27.8%Cal S.Fat 7.4g 8.7%Cal	Nutrients Target Cals... 742 99% Sodium. 1295 mg Sugar 41.1*g 22.2%Cal Prot 32.7g 17.6%Cal Carb 106.2g 57.2%Cal T.Fat 22.7g 27.5%Cal S.Fat 7.1g 8.6%Cal	Nutrients Target Cals... 837 100% Sodium. 1492 mg Sugar 38.8*g 18.5%Cal Prot 32.4g 15.5%Cal Carb 121.0g 57.8%Cal T.Fat 25.8g 27.7%Cal S.Fat 6.4g 6.9%Cal	Nutrients Target Cals... 835 100% Sodium. 1699 mg Sugar 38.6*g 18.5%Cal Prot 41.7g 20.0%Cal Carb 109.3g 52.4%Cal T.Fat 25.8g 27.8%Cal S.Fat 7.1g 7.6%Cal	
Dec - 23	Dec - 24	Dec - 25	Dec - 26	Dec - 27	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A%Cal Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal

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Cumberland County Public Schools

	Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 30		Dec - 31				Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%Cal

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